

VISIT...

LANZAROTE
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THE SECRET

WITCH

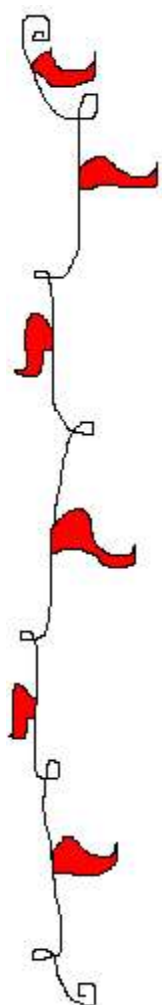
SPELLS

CHARMS

&

CHANTS

by Jayme Cook-Bitterhof



TO MY SISTER

MICHELLE MCMULLEN

**SHE TOOK THE HERBS AND MIXED THEM,
THEY BECAME A PART OF HER.**

INTRODUCTION

THIS BOOK IS AN ASORTMENT OF MAGICAL WORKS OF SPELLS, CHARMS, AND CHANTS, FOR EVERYDAY USE. THERE IS ALSO INFORMATION ON MAGICAL: PLANTS, HERBS, AND STONES. AS WELL AS GUIDES ON HOW TO MAKE CERTAIN TOOLS FOR SPIRITUAL GUIDES, AND MANY OTHER NEVER SEEN BEFORE SPELLS AND CHANTS. I HOPE YOU ENJOY YOUR JOURNEY THROUGH THIS BOOK.

CANDLE MAGIC

WHITE represents purity, spirituality and peace. In some cultures it is the color of death and mourning.

RED symbolizes health, energy, strength, sexual virility, courage and the masculine principle in Nature.

PINK is associated with romantic love, affection and friendship.

YELLOW is the color of the intellect, the powers of the creative imagination, memory, communication and mental agility.

GREEN equals abundance, fertility, good luck and harmony.

BLUE is the color of healing, truth, inspiration, higher wisdom, occult power and psychic protection, understanding, good health and the feminine principle in Nature.

PURPLE symbolizes success in financial affairs, psychic ability of a highly-developed form, idealism and spiritual power.

GOLD attracts positive influences and it's connected with justice and career matters.

SILVER represents clairvoyance, astral energies and channeling, also the faculty of far memory and remembering past lives

MAGICAL HERBS

Alfalfa: Common name: Lucerne. Botanical name: *Medicago sativa*.

Alfalfa is a member of the pea family and is native to western Asia and the eastern Mediterranean region

Aloe: The gel is used topically on wounds and burns to help them heal more rapidly. Taken internally, it is considered a general tonic.

Ashwagandha: Botanical name: *Withania somniferum*. Ashwagandha, which belongs to the pepper family, is found in India and Africa. The roots of ashwagandha are used medicinally

Asparagus Root: Long treasured by herbalists in China and India, it is gaining popularity in the western world as well. In traditional Chinese medicine, it is known as a "yin" tonic. Small doses taken regularly are believed to enhance feelings of love and compassion.

Astragalus: A Chinese immune system booster, heals burns and abscesses, offsets adverse effects of cancer therapy, protects the heart against viral damage.

Boswellia: Common name: Salai guggal.

Botanical name: *Boswellia serrata*.

Boswellia is a moderate to large branching tree found in the dry hilly areas of India. When the tree trunk is tapped, a gummy oleoresin is exuded. A purified extract of this resin is used in modern herbal preparations.

Calendula: *Calendula* is a wound healer both internally and externally. It can be used to treat gastritis and duodenal ulcers and it can break your fever or alleviate menstrual cramps.

Chamomile: Used commonly to help with sleep and calm the nerves.

Chickweed: The ubiquitous, small, green chickweed plant grows across the United States and originated in Europe. The leaves, stems, and flowers are used in botanical medicine.

Coffee: Coffee combats drowsiness, temporarily boosts athletic performance, eases congestion due to colds and flu, prevents asthma attacks and enhances the pain-relieving effects of aspirin.

Elderberry: The flowers were formerly prized for use in salves and ointments, and the juice of the berries was valued as a tonic.

Ephedra: It has been used since ancient times to treat asthma and upper respiratory infections.

Garlic: Once thought to possess magical powers against evil, garlic was widely used in charms and spells... Many of the legends surrounding garlic have to do with strength, speed and endurance.

Ginger: An ancient Indian proverb states that everything good is found in ginger. There's quite a bit of truth in that. Ginger is a versatile healing herb.

Ginseng: The root that promises wisdom and long life, not to mention its reputation as an aphrodisiac. Used for more than two millennia in China.

Hawthorne: The hawthorn, a small thorny tree belonging to the rose family, has long been a symbol of hope and happiness.

Meadowsweet: Botanical name: Filipendula ulmaria. Meadowsweet is found in northern and southern Europe, North America, and northern Asia. The flowers and flowering top are primarily used in herbal preparations.

Parsley: By the middle ages, parsley made its appearance in herbal medicines. It has been given credit for curing a great range of human ills, especially those having to do with the kidneys and liver.

Red clover: Red clover has been used in connection with cough, eczema, and menopause.

St. John's Wort: St John's Wort is a common roadside weed that is tied by both name and legend to religion and witchcraft. It is commonly used for stress, and as an anti-depressant.

Sarsaparilla: The root is used therapeutically.

Tea Tree: Commonly used for cuts and bruises.

White Willow: Weeping Willow is the graceful tree that provides nature's aspirin.

Witch Hazel: Witch hazel is a popular home remedy for cuts, bruises, hemorrhoids and sore muscles.

HEALING PLANTS

Green wheat- Fertility.

Rose- Serenity, Love, Sorrow.

Garlic- Blood flow, Protection, Breathlessness.

Sage- meditation, spiritual contact.

Bat head root- telepathy, Self control.

Sweet grass- Spirit prayers, Relaxation.

Passion Flower- Bonding Love.

Snapdragon- Spirit travel, youth.

Bay leaves- Spirit contact, Protection.

Anise star- psychic powers, Luck.

Benzoin- Purification.

Bergamont- Money, Hex breaking.

Chamomile- sleep.

Cinnamon- Spirituality, power.

DAILY CHANT

Here comes the sun,
Rise now with me,
Burn into my heart,
All energy.
Brighten what I am,
Soak this into me.
Delight into my life,
All I'm meant to be.

SAY THIS DAILY WITH THE RISING SUN.

SORROW

Blue is my color tonight,
In two rows of four.
With two gold ribbons,
Hung high and low,
upon their ends,
there hangs a rose.
One red, one white.
In slow mournful bites,
I drink their life,
to give me now,
their peaceful sight.
With each sorrowful bite,
it draws me near,
the blue has left me,
true and clear.

DREAM CHARM

Take a stone clear as ice,
wrap me up,
not once, but twice.

In a scrap of soft blue fabric,
let me lay underneath thy blanket.
Hold me close, and hold me dear,
Forever tranquil,
in your dreams I appear.

UNDO CURSE

Those who wish,
no evil harm on me,
let them live,
let them be.
All of those who hold me wrong,
let me break there evil song.
For I am spring,
and I am rain,
let the light wash me pure,
let the dark not find It's place.
Those who do me wrong,
let them hear this song,
and wash them far,
far away from me.

LUCK

I take a stone of pure moon light, and wrap it
up in blues and whites. Feathers make my
prayers loose and light. Placed inside a small
white box, I dig a place, under a willows grace,
and hope till then my luck, my fate.

TRY AND DO THIS SPELL UNDER A FULL MOON.

SPIRIT PROTECTION WREATH

In a pot boil yellow flowers,
Rosemary, lavender, Poppy,
Weave a wreath from willow branches,
let boil until thick.
Remove wreath, tie a strip of leather to hang.
Hang anywhere in your house.
With the remaining liquid,
boil until thick, add wax.
Pour ingredients into a candle glass,
add a wick.
Burn the candle to complete the protection
spell.

BEAUTY

Early in the morning,
I gather flowers still fresh with morning dew.
I seek them out in red's and white's,
a basketful for my delight.
Gently placed into the water,
there they float with the calm.
With my hand's,
I twist a wreath,
of fresh morning cherry blossoms,
Upon my head I wear the wreath,
to bring out the beauty within me,
and after this I gently slip,
Into the fresh flowered water.

THINK OF ME

I close my eyes,
In my mind I see you.
Though far away,
you know I am near.
Near my land,
I hold your hand,
and you can feel me.
Far away I clasp to stay,
think of me.

MEDITATION

Six white candles set in a circle,
Whilst keeping me in the center.
All set upon a midnight taper,
For adjoining the forces of nature.
I take with me my favorite smell,
and travel to, my peaceful cell.
My patience and time,
will fly away,
and take me to a brand new day.

REVENGE

Darkness sweeps across the land,
darkness fell into my hand.
For those who've crossed far too near,
I hope to fade your mind to fear.
With two gray candles,
To feed my flame,
and four black candles,
to hold you in your place.
Slowly before this formal pyre,
I light my candles,
to begin this fire.
Scribed upon this parchment paper,
written the name,
sweet, and simple.
With wax to be had,
and the word's been said,
I put out the flame,
inside your head.

PRAYER OF HOLDING

Fly like the wind into my sight,
hold thy clasp, and clasp my hand,
hold to your's unto this land.

Watch from afar to see me near,
always in your heart you hold me dear.

With this last mist of life I fade,
forever bound to you I'm made.

**LET THE MOON REFLECT INTO A
MIRROR AS YOU SAY THE CHANT.**

MAGICAL STONES

Azeztulite- carries a high vibration from the angelic realm, it expands ones consciousness, And reflects positive energy.

Amber- This stone balances energies of peace and cleansing.

Apophyllite crystal- helps those wanting to become more spiritually aware.

Azurite- connect with your spirit guide.

Angelite- dispells fears, anger and is used in bondings.

Amethyst- Opens spiritual awareness.

Bloodstone- used to heal stress.

Citrine- success, luck.

Emerald- love, loyalty, passion.

Garnet- fertility, energy.

Hematite- healing and protection.

Jade- Good luck, sickness prevention.

Moonstone- Increases and awakens psychic powers.

Opal- new beginning's, renewal.

Peridot- Cleansing, stimulation.

Quartz- Balance energy.

Ruby- Energy, strength.

Sunstone- Courage, and helps overcome fear.

Starstone- The stone of wishing.

Soapstone- Creativity.

Tigereye- Protection.

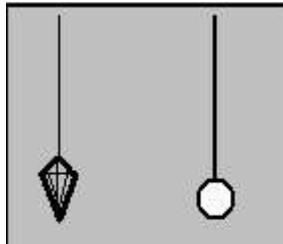
Unakite- healing stone.

Zircon- heals and strengthens your spirit.

SPIRIT GUIDE

The most effective way to channel a spirit safely and privately, is by using a simple technique first used by the Romans. Today this is widely known as pendulum sessions. The ancient romans use to take a gold ring (such as a wedding band) and hang it from a chain about nine inches long. They would then hold the ring over a stone bowl one third filled with water. This works the same as a pendulum, or scurrying. The Romans believed the answers they were getting to be a very reliable source and took each session seriously.

Many people today still practice this ritual to speak with passed on friends or spirit guides. You can easily try this as well. The movement of the ring on the chain represents different simple answers to questions. Front to back is yes, right to left is no, clockwise is I don't know, and counter clockwise is I refuse to answer. Also many people have reported getting images and full messages in the mind as they used this technique.



SPIRITUAL DEFINITIONS

EVOKE-To call forth, to command being.

CONJURE- To bring forth a spirit or being.

INVOCATION-The act of chanting or scribing petitioning outside influences for help.

INCANTATION-The use of verbal puzzles in a part of ritual.

CHANTING- a written or recited poetic work designed to produce a certain outcome.

SPIRIT- The essence of ones self.

SPIRITUAL GUIDE- an unbound spirit of a different source. called upon from a higher plane for guidance.

SONG OF FLOWERS

FERTILITY

ICA MITHGAL ICA YUGAL,
HIPSHMAL YUGAL HIPSHMAL MITHGAL,
COMRIZE GEHEIT COMRIZE SHEHEIT,
LIMAL ACRA LIMAL ACRA.
ESREA FORTEA ESREA FORTEA,
COMLIE ICA SENSHEA ICA,
ICA MITHGAL ICA YUGAL.

SONG OF MOURNING

ICK VOL DE NÅ,
DE NÅ,
DE NÅ.
SO SOL SE HÅL,
SE HÅL,
SE HÅL,
ORE LAI SEI HAI,
SEI HAI,
SEI HAI,
ORSOLT.

MAKE YOUR OWN OUIJA BOARD

Making your own Ouija board can be fun and is a very easy project. You can make it in any size you want what's most important is that you put as much as yourself into the board while making it. Use the example below for a standard one or come up with your own. A pointer can be used as a wine glass or a more suitable one that you design yourself,



WRITING YOUR OWN SPELLS

Writing your own spells, or chants can be more beneficial than you might think. Most believe that when someone takes the time to word there spell or chant just right to suit their situation the spell becomes more potent for that person that's writes it. In this book I listed different types of herbs and stones and what properties they contain. Combining these with your spells to suit the situation at hand can be even more so to your benefit. As well as using the suited candles for the spell or chant you are writing. One thing which is important for candles is the symbolic ritual of preparing a spell candle. Candles should be pre-prepared for a certain spell you will be using them on. Most of all by saying this I mean anointing your candles. The method that I find to be most suitable is first preparing the oils myseld that I will use with my candles. You can do this easily with common herbs and oils. Get a glass jar or container(the nicer the better) if a container can be corked. Fill the bottle with bay leaves sage (ground or whole) and lavender. Then fill the glass with olive oil. Let it sit undisturbed for about a week. When it is ready you can anoint your candles with the oils you prepared. Take your time and enjoy writing your first spells, or chants.

You should use a black or red fountain pin. In the next few pages experiment with writing your own spells or chants.

~MY SPELLS~

~MY SPELLS~

~MY CHANTS~

~MY CHANTS~

~SPELL NOTES~

CAUTION AND THINGS TO BE CONSIDERED

Working with certain things we have gone over in this book many of them deserves a certain degree of caution. The plants and herbs in this book are mainly used for burning with certain spells they are not to be eaten unless you are a trained herbalist and know how to prepare them correctly. When burning candles and herbs or parchment, always make sure you use all precautions to ensure that a fire doesn't break out. When using the ouija board never invite anything to visit you in any way, no one likes unwanted guests in their home. Always remember the unwritten rule of magic, when creating spells of your own. When you wish harm on another the spell can backfire and be targeted to you instead.

BLESSING YOUR HOUSE

You no longer need the aid of a priest to bless your house with holy water in fact I have found a method that seems to work much better using things mother nature left us. First of all you can get a very shallow fire safe container such as metal, clay or glass. Get some ground sage and pack it in tight. After you have done this light the center of the packed sage and it will burn like a cone from the inside out, try and place it somewhere close to the center of your home, it smells wonderful and will burn for hours. The American Indians believed that sage had the power of cleansing and keeping away negative energy as well as bad spirits from you. After you have done this place a hematite stone in every corner of your house. Dim the lights and think on positive things also try playing some native American flute music, this is also a good relaxation technique. Try and do this at least once a month.

REFRESH YOURSELF

In each of our lives there may be time when things are going on that we don't like or things we have done to others, or maybe it's something that someone has done to you that is in your mind and heart, that deeply troubles you. Here is a little exercise, or spell if you will to get rid of all of those things no matter how long ago they happened. After doing this you will feel new and refreshed. Take a piece of parchment and draw a circle in the middle. Now outside the circle, in any pattern write down all the negative things that weigh heavy on you. Take your time as you do this and do it in a quiet spot where you will not be disturbed. Once you have finished, inside the circle write down all the positive things that you want in your life. It can be from happiness to forgiveness or wishing someone good health. You can write down as many of these things as you wish. Once you have finished take your time and reflect upon all of those things good and bad. Fold the parchment six times and seal it closed with wax. Hold the now folded paper to your heart and recite.

What has happened,
is now undone,
give me peace,
let me live in serenity,
all that was ,
is no more,
let me begin again,
to refresh my life,
with this new score.

ONCE YOU HAVE FINISHED NOW BURN THE
PARCHMENT, AS IT BURNS THE SMOKE WILL
RISE AND CARY YOUR BURDENS AND DREAMS
AWAY.

WISH IN A BOTTLE

Here is a simple wishing spell. You can do this with your kids as well it is quite harmless and alot of fun. Buy a good sized Ballon filled with Helium and make sure its fresh. Take a piece of parchment and cut it in the shape of a star. Write your wish in the center of the now star-shaped parchment in your favorite color. Carefully scroll up the star-shaped parchment and seal it with wax. When you are ready tie the scroll to the end of the Ballon string. Say your wish then let it go.

**THE BALLON WILL CARY YOUR WISH TO THE
SKY AS YOU WATCH IT FLOAT AWAY.**

A MESSAGE FROM THE AUTHOR

I HOPE YOU ENJOYED ALL THE SPELLS, CHANTS AND PROJECTS IN THIS BOOK. IN THE NEXT BOOK WE WILL GO OVER SOME MORE ADVANCED SPELLS, CHANTS AND PROJECTS. INCLUDING LEARNING HOW TO UNDERSTAND, READ, AND MAKE YOUR OWN RUNSTONES, ALSO HOW TO CREATE YOUR PERSONALISED SET OF TAROT CARDS. SO LOOK FOR THE NEXT BOOK FOLLOWING THIS ONE TITLED THE SECRET WITCH IN ME. ALSO IF YOU EVER HAVE ANY QUESTIONS AND OR ARE LOOKING FOR A SPECIAL PSYCHIC READING YOU CAN REACH ME THROUGH KEEN.COM JUST LOOK UP THE NAME CERCIES. AND SEND ME AN EMAIL, OR MAKE AN APPOINTMENT. THANKYOU FOR READING AND HAVE FUN WITH YOUR NEW FOUND KNOLAGE.

~ MY NOTES ~

~WHAT I'VE LEARNED~

MY SPELL

DATE

OUTCOME

MY SPELL

DATE

OUTCOME

SPELL FROM THIS BOOK

DATE

OUTCOME

SPELL FROM THIS BOOK

DATE

OUTCOME

LIST OF SPELLS IVÉ WRITTEN

PROJECTS IVÉ DONE

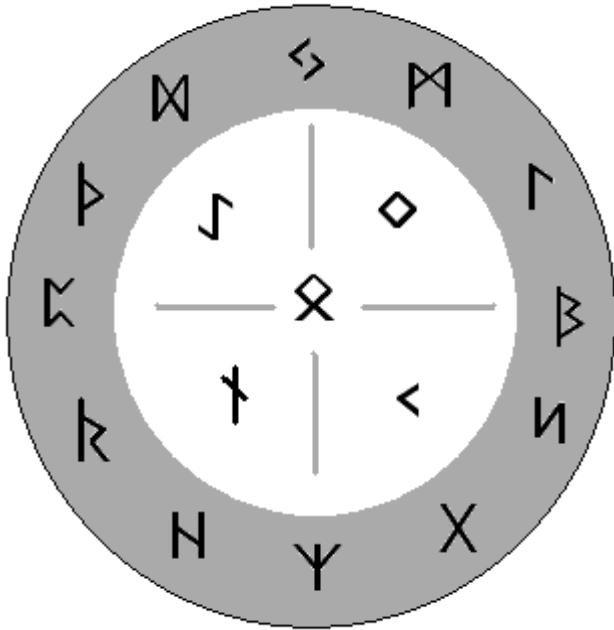
~ MY DIARY OF MAGIC ~

~ MY DIARY OF MAGIC ~

~ MY DIARY OF MAGIC ~

~ MY DIARY OF MAGIC ~

RUNE CIRCLE OF LIFE



IT IS BELIEVED THAT THIS WHEEL PROTECTS
ANYONE WHO WEARS THIS AS AN AMULET.

RUNIC ALPHABET

			
f Fehu	u Uruz	þ Purisaz	a Ansuz
			
h Hagalaz	n Naupiz	i Isa	j Jera
			
t Teiwaz	b Berkana	e Ehwaz	m Mannaz
			
r Raipo	k Kaunaz	g Gebo	w Wunjo
			
ī Eihwaz	p Perp	z Algiz	s Sowulo
			
l Laguz	ng Inguz	d Dagaz	o Ophilia

RUNE SPELLS

IN THE FOLLOWING PAGES TRY AND WRITE
SOME SIMPLE SPELLS IN RUNE.

~ RUNE SPELLS ~

~ RUNE SPELLS ~

